

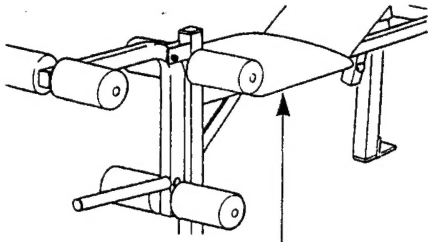
Elite **MUSCLE**

136

weider®

Model No. WB13620

Serial No. _____



Serial Number Decal (Under Seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

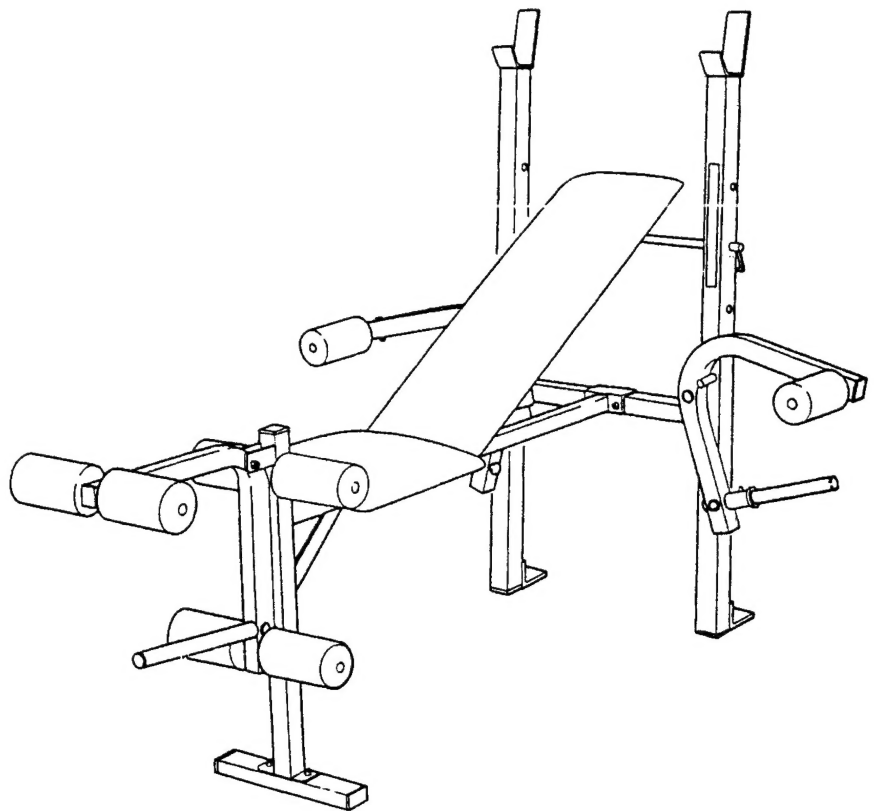
CUSTOMER HOT LINE:

1-800-225-0653

Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION!

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



OWNER'S MANUAL

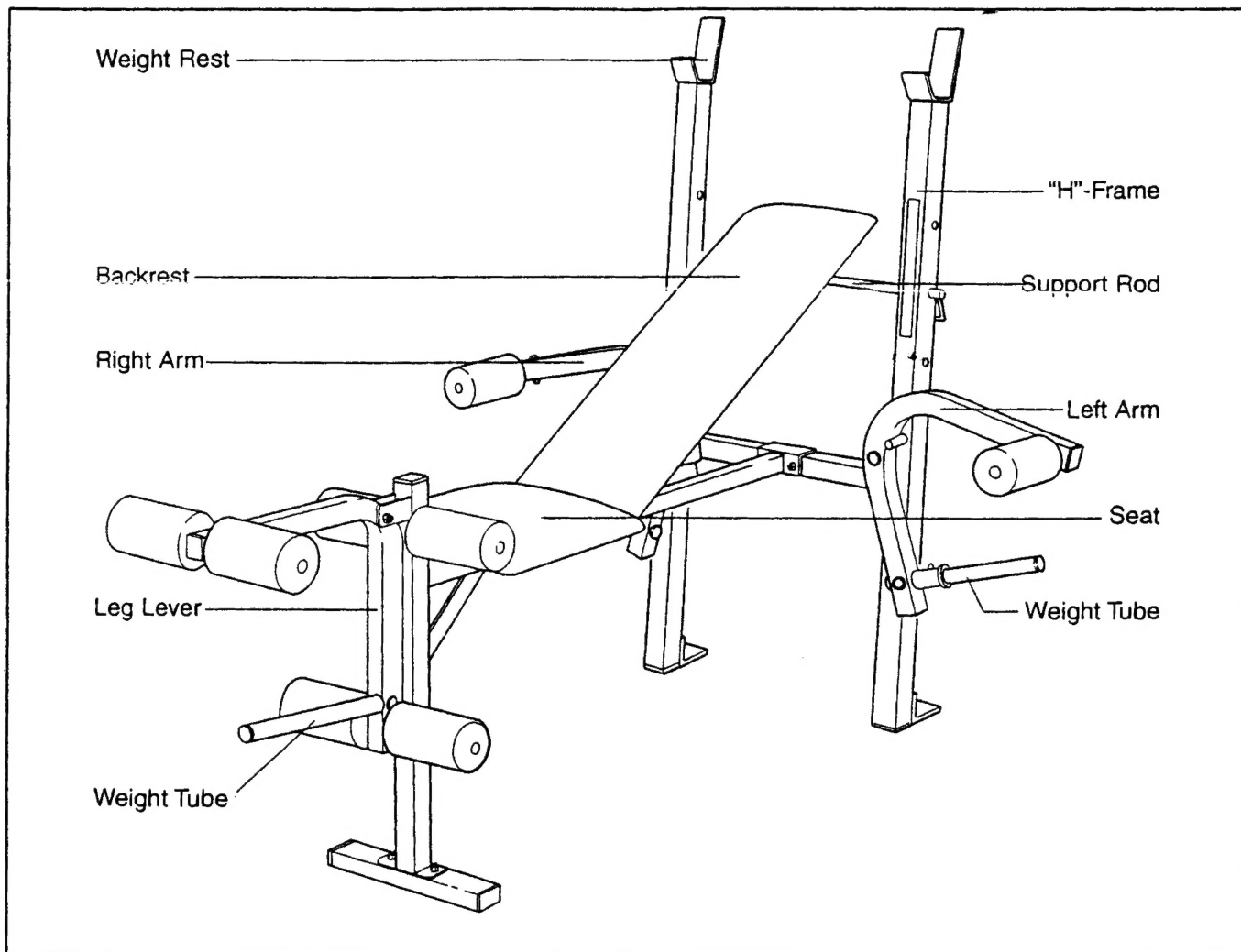
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® ELITE MUSCLE 136 Weight Bench. The ELITE MUSCLE 136 Weight Bench is designed to be used with your own weight set (not included) to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the ELITE MUSCLE 136 Weight Bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® ELITE MUSCLE 136 Weight Bench. If you have additional questions, please call

our Customer Service Department toll-free at 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WB13620. The serial number can be found on a decal attached to the ELITE MUSCLE 136 Weight Bench (see the front cover of this manual).

Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.



PART LIST—Model No. WB13620

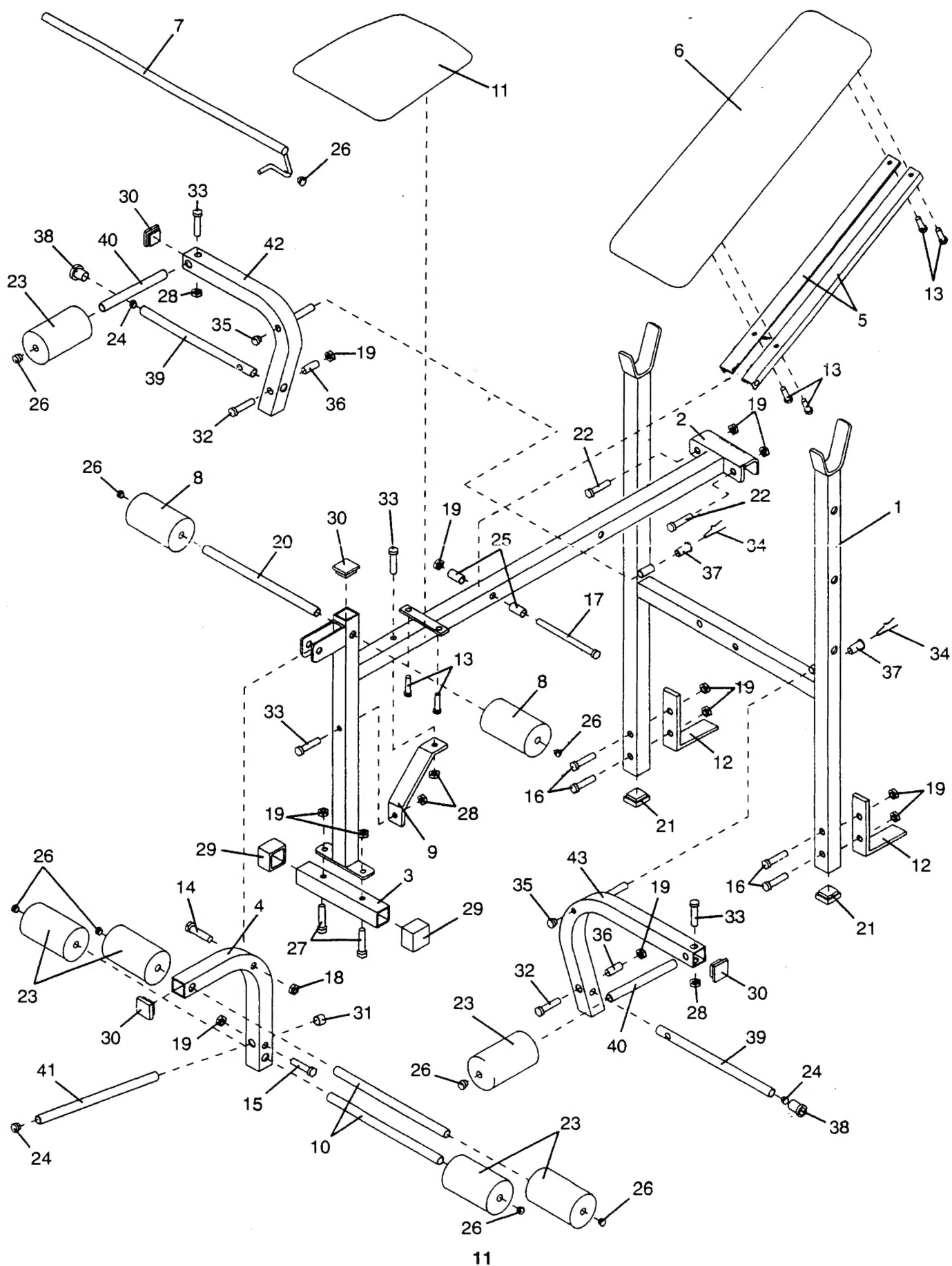
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	"H"-Frame	24	3	1" Round Inner Cap
2	1	Frame	25	2	Metal Spacer
3	1	Stabilizer	26 26	9	3/4" Round Inner Cap
4	1	Leg Lever	27	2	5/16" x 2" Carriage Bolt
5	2	Backrest Bracket	28	4	1/4" Nylon Locknut
6	1	Backrest	29	2	1 1/2" Square Outer Cap
7	1	Support Rod	30 30	4	1 1/2" Square Inner Cap
8	2	6" Foam Pad	31	1	1" Angled Round Cap
9	1	Angle Bracket	32	2	5/16" x 5" Bolt
10	2	11 1/2" Pad Tube	33	4	1/4" x 2" Screw
11	1	Seat	34	2	Spring Clip
12	2	"L"-Bracket	35	2	7/8" Round Inner Cap
13	6	1/4" x 3/4" Screw	36	2	1/2" x 3" Plastic Spacer
14	1	3/8" x 2 1/2" Bolt	37	2	Flanged Plastic Sleeve
15	1	5/16" x 1 3/4" Bolt	38 38	2	Weight Stop
16	4	5/16" x 2 1/2" Bolt	39	2	11" Weight Tube
17	1	5/16" x 4" Bolt	40	2	9" Pad Tube
18	1	3/8" Nylon Locknut	41	1	13 3/4" Weight Tube
19	12	5/16" Nylon Locknut	42	1	Right Arm
20	1	13 1/2" Pad Tube	43	1	Left Arm
21	2	2" Square Inner Cap	#	1	Owner's Manual
22	2	5/16" x 2 1/4" Bolt	#	1	"Muscle 136" Decal
23	6	5" Foam Pad	#	1	Exercise Chart

"#" Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering replacement parts.

EXPLODED DRAWING—Model No. WB13620

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ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

1. The MODEL NUMBER of the product (WB13620).
2. The NAME of the product (WEIDER® ELITE MUSCLE 136 Weight Bench).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the desired part(s) (see page 10 of this manual).

LIMITED WARRANTY

ICON Health & Fitness, Inc. ("ICON"), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUES OR PROFITS, LOSS OF ENJOYMENT OR USE, COSTS OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES OF WHATSOEVER NATURE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ANY AND ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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